

In the Specification:

Please amend the paragraph beginning on page 5, line 18 as follows:

FIG. 8 illustrates a three dimensional view of the of a ~~forth~~ fourth removably attachable exercising structure of FIG. 1 , in accordance with embodiments of the present invention.

Please amend the paragraph beginning on page 5, line 10 and ending on page 10, line 4 as follows:

FIG. 1 illustrates a three dimensional view of a portable exercise apparatus 2 comprising a body support structure 4 and removably attachable exercising structures 19, 20, 28, 29, 30, 31, 32 and 43, in accordance with embodiments of the present invention. The body support structure 4 comprises a sitting structure 8 pivotally attached to a back support structure 10. The sitting structure 8 is pivotally attached to a back support structure 10 using a pivot device 68 (see FIG. 4). The pivot device 68 may be any pivot device known to a person of ordinary skill in the art such as, *inter alia*, a hinge(s), a piano hinge, etc. The back support structure 10 may be positioned at a plurality of angular positions with respect to the sitting structure 8. The body support structure 4 is adapted be placed on a supporting structure 14 during exercising (i.e., using the attachable exercising structures 19, 20, 28, 29, 30, 31, 32, and 43). Note that although the supporting structure 14 illustrated in FIG. 1 is a couch, the supporting structure 14 may be any supporting structure known to a person of ordinary skill in the art such as, *inter alia*, a chair, an automobile seat, a wheel chair, a bed, a hospital bed, a hotel bed, etc. The back support structure 10 is positioned at an angular position with respect to the sitting structure 8 that follows an angular position of the supporting structure 14. For example, a backrest 16 of the supporting

structure 14 is positioned at an angular position of about 90° with respect to a seat 17 of the supporting structure 14 so the back support structure 10 is positioned at an angular position of about 90° with respect to the sitting structure 8 when the body support structure 4 is placed on the supporting structure 14 to ensure a proper fit. Alternatively, the supporting structure 14 may be a ground surface (e.g., a floor, a carpeted floor, etc) and the body support structure 4 may be placed on the ground surface (e.g, as shown in FIGS. 18-22) . The back support structure 10 may be positioned at an angular position of about 180° with respect to the sitting structure 8 when the body support structure 4 is placed on a ground surface (e.g, as shown in FIGS. 18-22) so that a user (e.g., person 145 in FIGS. 18-22) may lay down on the body support structure 4 while exercising (i.e., using the removably attachable exercising structures 19, 20, 28, 29, 30, 31, 32, and 43). The body support structure 4 may be folded (e.g., place the back support structure 10 about parallel to the sitting structure 8 with an angle of about 0° between the back support structure 10 and the sitting structure 8) for storage. The removably attachable exercising structures include, *inter alia*, exercising structures 19, 20, 28, 29, 30, 31, and 32, 33 (see FIG. 2), 34 (see FIG. 3), and 43. The term “removably attached ” is defined herein and including in the claims as a temporary attachment of a first structure (e.g.,exercising structures 19, 20, 28, 29, 30, 31, and 32, 33 (see FIG. 2), 34 (see FIG. 3), and 43) to a second structure (e.g. body support structure 4) during an overall use of said structures (e.g., exercising with the portable exercise apparatus 2). The removably attachable exercising structures 19, 20, 28, 29, 30, 31, and 32, 33 (see FIG. 2), 34 (see FIG. 3), and 43 may be used to strengthen, *inter alia*, arm muscles, chest muscles, back muscles, shoulder muscles, leg muscles, etc. The body support structure 4 additionally comprises elongated members 21, 22, 23, 26, and 27 mechanically attached. The

removably attachable exercising structure 19 is removably attached to the elongated member 22. The removably attachable exercising structure 20 is removably attached to the elongated member 21. The removably attachable exercising structure 30 is removably attached to the elongated member 23. An armrest structure 24 comprising the exercising structure 31 is removably attached to the elongated member 27. An armrest structure 25 comprising the exercising structure 32 is removably attached to the elongated member 26. The removably attachable exercising structures 19, 20, and 30 and the armrest structures 24 and 25 are removably attached to the elongated members 21, 22, 23, 26, and 27 using fastening devices 40 and/or 41. The fastening devices 40 and 41 may be any fastening devices known to a person of ordinary skill in the art including, *inter alia*, screws, bolts, eye bolts, locking pins, etc. The locking pins may include, *inter alia*, positive locking pins, ball lock pins, wire lock pins, locking cotters, etc. Additionally, the portable exercise structure 2 may comprise a frame structure 35 removably attached to the elongated members 21 and 22. The frame structure 35 may be used for isometric exercises. The frame structure 35 is removably attached to the elongated members 21 and 22 using fastening devices 40 and/or 41. The removably attachable exercising structure 43 is pivotally attached to the frame structure 35. The elongated members 21, 22, 26, and 27 and the frame structure 35 each comprise a plurality of hooking devices 42. The exercising structures 28 and 29 each comprise a latching device 44 that is used to removably attach the exercising structures 28 and 29 to each of the plurality of hooking devices 42 on each of the elongated members 21, 22, 26, and 27 and the frame structure 35. Each of the plurality of hooking devices may be any hooking device known to a person of ordinary skill in the art including, *inter alia*, eye bolts, hooks, etc. The latching device 44 may be any latching device known to a person of

ordinary skill in the art such as, *inter alia*, a bolt snap, a trigger snap, a spring snap, a breeching snap, a carabiner, etc. Each of the exercising structures 19, 20, 28, 29, 30, 31, and 32, 33 (see FIG. 2), 34 (see FIG. 3), and 43 comprises a resistance means (e.g., resistance means 36 and 37) to apply a preset amount of resistance against movement of resilient structure(s) comprised by each of said exercising structures 19, 20, 28, 29, 30, 31, and 32, 33 (see FIG. 2), and 34 (see FIG. 3), and 43. The term “resistance means” is defined herein and including in the claims as a structure to apply resistance against movement of resilient structure(s) and may include, *inter alia*, a spring(s), an elastic band(s), a resistance band(s), a pneumatic resistance device, a hydraulic resistance device, etc. For example, the exercising structure 20 comprises a resilient structure 38 movably attached to a resilient structure 39. The resistance means 36 applies a preset amount of resistance against movement of the resilient structure 38 with respect to the resilient structure 39. The resilient structure 38 is engaged by a users limb (e.g, an arm, a leg, etc.). The resistance means 36 may comprise any resistance means known to a person of ordinary skill in the art including, *inter alia*, a spring(s), an elastic band(s), a resistance band(s), a pneumatic resistance device, a hydraulic resistance device, etc. Each of the exercising structures 19, 20, 28, 29, 30, 31, 32, 33 (see FIG. 2), 34 (see FIG. 3), and 43 are adapted to be engaged by a users limb (e.g, an arm, a leg, etc.). The portable exercise apparatus 2 may additionally comprise at least one resistance band 45 and an ~~accessary~~ accessory holding structure 46. The at least one resistance band 45 is adapted to be engaged by a users limb (e.g, an arm, a leg, etc.) to apply a preset amount of resistance against movement of the users limb during exercising. The at least one resistance band 45 may be used to strengthen, *inter alia*, arm muscles, chest muscles, back muscles, shoulder muscles, leg muscles, etc. The resistance band may be any resistance band

known to a person of ordinary skill in the art including, *inter alia*, an elastic band comprising rubber. The at least one resistance band **45** comprises a latching device ~~[[47]]~~ **44** that is used to removably attach the at least one resistance band **45** to each of the plurality of hooking devices **42** on each of the elongated members **21**, **22**, **26**, and **27** and the frame structure **35**. The latching device ~~[[47]]~~ **44** may be any latching device known to a person of ordinary skill in the art such as, *inter alia*, a bolt snap, a trigger snap, a spring snap, a breeching snap, a carabiner, etc. The ~~accessary~~ accessory holding structure **46** may be removably attached to any the elongated members **21**, **22**, **23**, **26**, and **27** or either of the armrest structures **24** or **25** using the fastening devices **40** and/or **41**. The ~~accessary~~ accessory holding structure **46** comprises structures **47**, **48**, **49**, and **50**. Structure **47** is a mouse pad for using a computer mouse. Structures **48**, **49**, and **50** are holding structures for holding accessories such as, *inter alia*, a glass, cup, or mug, a remote control (for T.V., VCR, DVD player, stereo equipment, etc.), a telephone (cordless, cellular, etc.), etc. A strapping structure **57** may be removably attached to either the back support **10** (as shown in FIG. 1) or sitting structure **8**. The strapping structure **57** is adapted to strap or hold a user in a specific position during exercising. Note that the exercising structures **19**, **20**, **28**, **29**, **30**, **31**, **32**, **33** (see FIG. 2), **34** (see FIG. 3), and **43** are shown in their respective locations on the body support structure **4** for illustration purposes only and that the exercising structures **19**, **20**, **28**, **29**, **30**, **31**, **32**, **33** (see FIG. 2), **34** (see FIG. 3), and **43** may be placed at any location on the body support structure **4**.

Please amend the paragraph beginning on page 10, line 3 and ending on page 10, line 10 as follows:

FIG. 2 illustrates a side view of the portable exercise apparatus **2** of FIG. 1 additionally

comprising a removably attachable exercising structure 33, in accordance with embodiments of the present invention. In contrast with FIG. 1, FIG. 2 shows the portable exercise apparatus 2 with the removably attachable exercising structure 30 removed and replaced by the removably attachable exercising structure 33. The removably attachable exercising structured 33 is removably attached to the elongated member 23 using fastening devices 40 and/or 41. The portable exercise apparatus 2 of FIG. 2 is shown with the exercising structures 19, 20, 28, 29, 30, 31, 32 removed.

Please amend the paragraph beginning on page 10, line 11 and ending on page 10, line 16 as follows:

FIG. 3 illustrates a front view of the portable exercise apparatus 2 of FIG. 2 additionally comprising a removably attachable exercising structure 34, in accordance with embodiments of the present invention. In contrast with FIG. 2, FIG. 3 shows the portable exercise apparatus 2 with the removably attachable exercising structure 33 removed and replaced by the removably attachable exercising structure 34. The removably attachable exercising structured 34 is removably attached to the elongated member 23 using fastening devices 40 and/or 41.